MEET THE **MONTREAL**

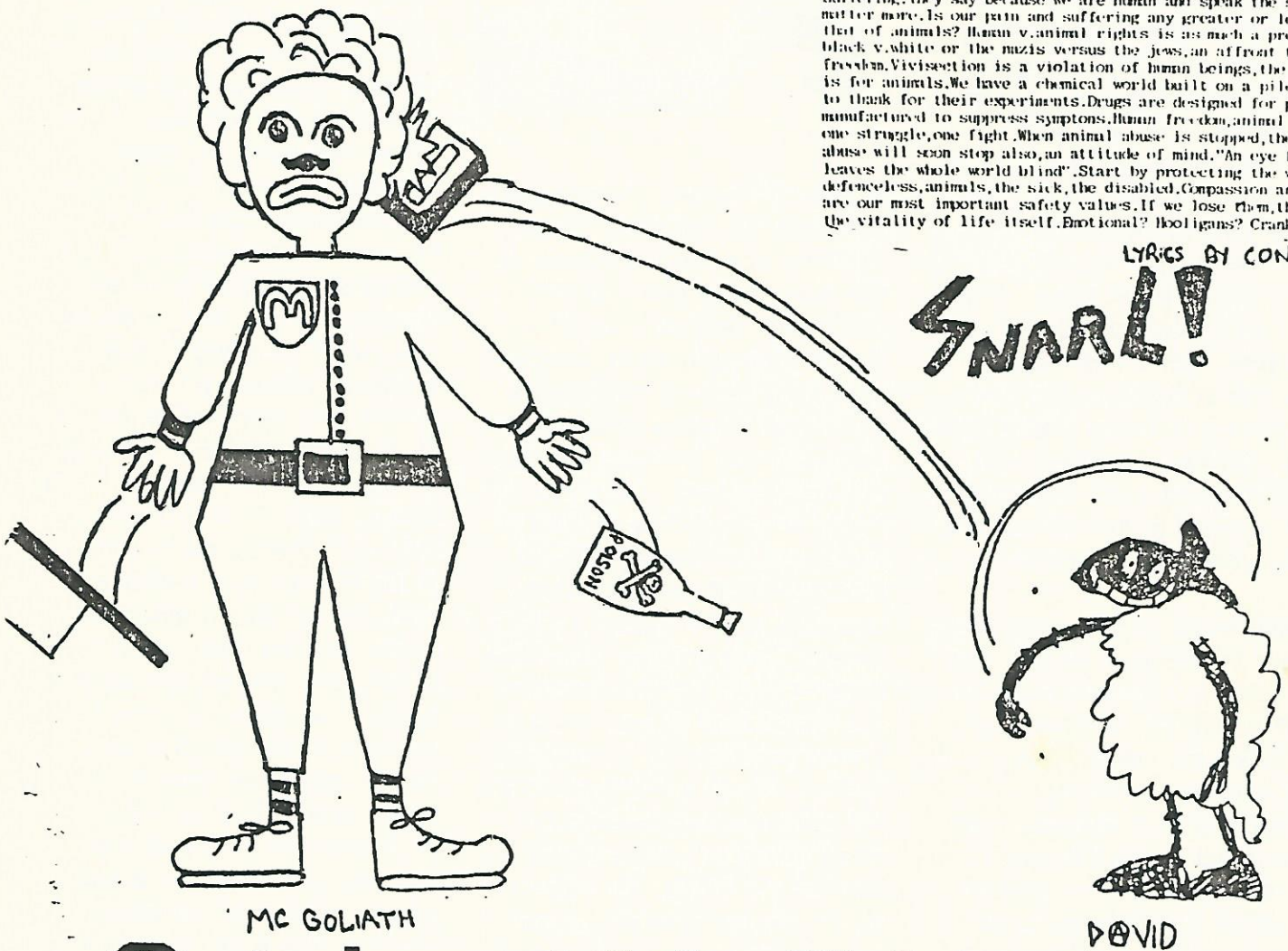
ANIMAL LIBERATION FRONT

SUPPORT GROUP

MINI ISSUE

What does direct action mean?
It means that you are no longer prepared to sit back and allow terrible,cruel things to happen.The cameraman in Ethiopa took direct action,he filmed the worst disaster that has ever happened to human beings.He realised it was too enormous a problem to handle himself - so he took the films home in the hope other people would help.They did.Are you prepared to sit back any longer? Direct action in animal rights means causing economic damage to those who abuse and make profits from exploitation.Start!
It's possible to do things alone,slash tyres,glue up locks butchers,burger bars,the furriers,smash windows,bankrupt the lot.Throw paint over shops and houses.Paint stripper works great on cars.Chewing gum sticks well to fur coats.A seized engine just won't start,sand in the petrol tank means that delivery's going nowhere.When the new death shop opens up make sure you're the first person to be there.If the circus comes to town remember what goes up must come down.Stop contributing to the abuse yourself - don't eat meat,don't buy leather.Buy non-animal tested make up,herbal soap and shampoo's better.
Try and form a group of peoplethat you know that you can trust and plan more ambitious direct action,sometimes risky but a part. Only when you have animal liberation will we obtain human freedom, when the last vivisectionist's blade is snapped.It will be that one step nearer to peace.Direct action in the animal movement is sussed and strong,and our final goal is not far off.
Animal lovers,vandals,hooligans,cranks;recognise the labels?They say we don't care about human beings.We say all sentient beings, animal or human have the right to live,free from pain,torture and suffering.They say because we are human and speak the same,we matter more.Is our pain and suffering any greater or lesser than that of animals? Human v.animal rights is as much a prejudice as black v.white or the nazis versus the jews,an affront to our freedom.Vivisection is a violation of human beings,the same as it is for animals.We have a chemical world built on a pile of drugs to thank for their experiments.Drugs are designed for profit, manufactured to suppress symptons.Human freedom,animal rights.It's one struggle,one fight.When animal abuse is stopped,then human abuse will soon stop also,an attitude of mind."An eye for an eye leaves the whole world blind".Start by protecting the weak,the defenceless,animals,the sick,the disabled.Compassion and emotion are our most important safety values.If we lose them,then 'we lose' the vitality of life itself.Emotional? Hooligans? Cranks?...

LYRICS BY CONFLICT



MC GOLIATH

DAVID

October 16th Friday
Anti - McDonalds Day

MTL WESTMOUN QUE CANADA H32-2XB BOX 4007

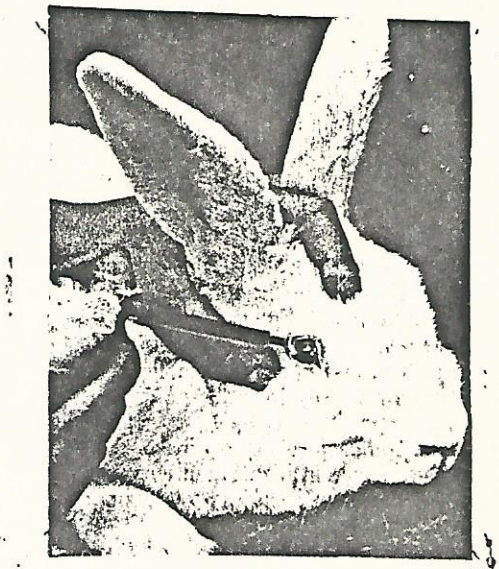
INTRODUCTION TO A.L.F. SUPPORT GROUP MONTREAL

Hi! Welcome to the start of what I hope to be a very active ALF Support Group in Montreal.

Right now this consists of me, a typewriter, pens, pencils, scissors, etc. But there are potentially a lot of people that could be interested in a support group. I am hoping that this sample issue will get their attention. I decided that I wanted to be active in forming a Support Group in Montreal after I spent the summer in Toronto and did work with the AL F Support Group there. They are very overworked and occuppied with the defense of the five activists arrested for graffitting of **Yucky Died Chicken.** Anyway, I saw the work that they did which was vital to the survival of the Militant Animal Liberation Movement.

Since some actions had taken place in Montreal while I was in Toronto, I thought that Canada could use another Support Group. I don't have a listing of recent actions yet, but anyone who is involved in animal direct action can send us an anonymous letter and tell us about it. We hope to be working in close contact with the Toronto Support Group and actions reported to us will be passed along to them.

Please tell us if a copy of your action report is being sent to the Toronto Support Group.

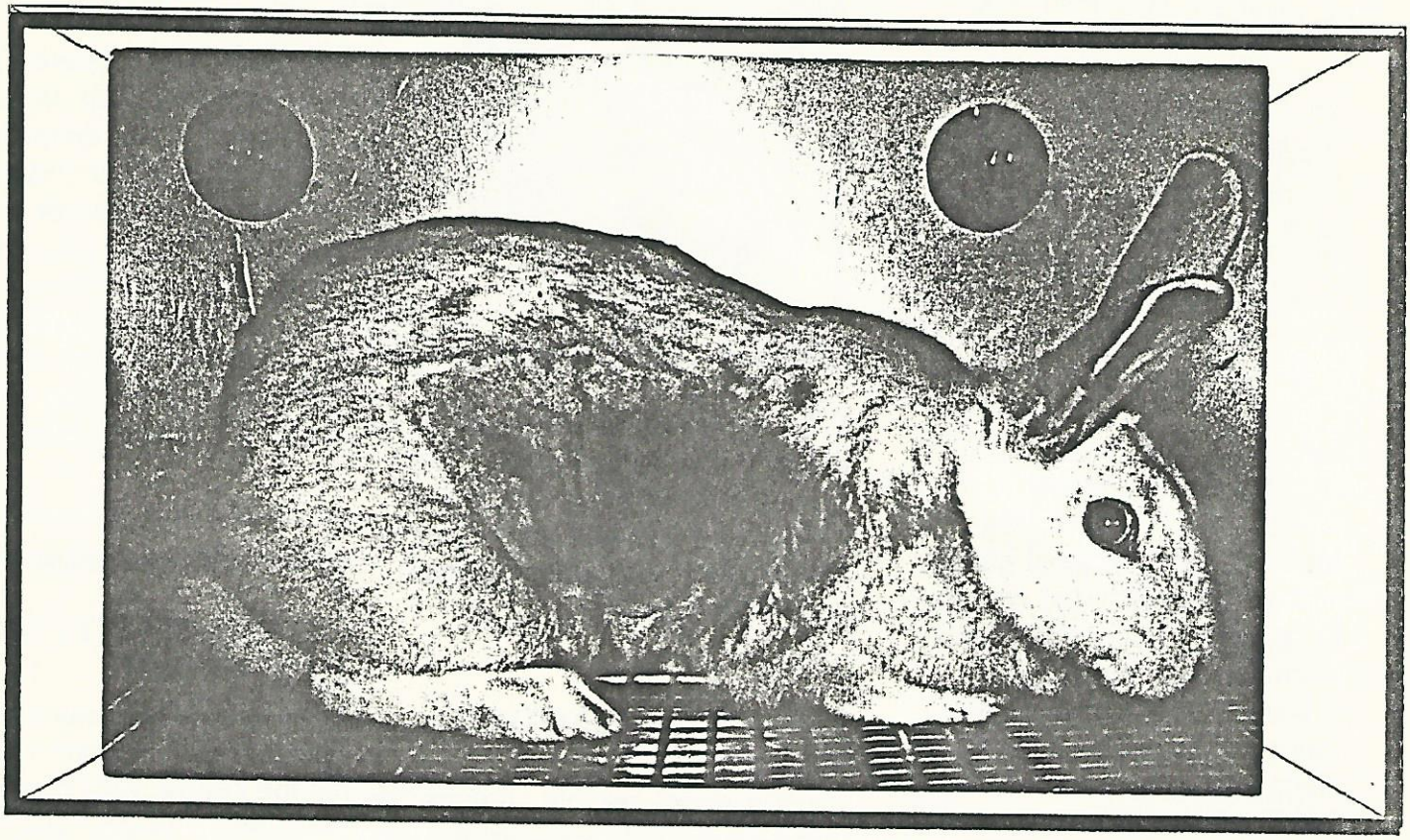


In this mini-issue , I hope to accomplish the following things: 1) Alert like-minded people of the start of this group and its desperate need of support - people now, but soon money too. 2) To stir up trouble with all animal abusers and encourage all of you laid backs to get out there and act - form your own cells, do things yourself - join a cell (admittedly difficult though) Hit those capitalists assholes where it counts - their faces? Their groins? **No - their wallets!** This besides from being non-violent (if you value lives over property) is very effective. Shoot a vivisector, they will start wearing bullet-proof vests (like that paranoid shithead of the OHS). Hit a butcher, he will start carrying a gun, but bankrupt his business and this person will have a breakdown. (I am being a bit satirical, but get my point?) 3) Lastly, but not leastly (I've always wanted to say that) to inform activists (if they don't already know) that it is **Anti McDonald's Day on October 16, 1987.** This issue has info on McDonald's from Greenpeace, London about its nasty deed. Activists should give special attention to these McScum for the upcoming holiday.

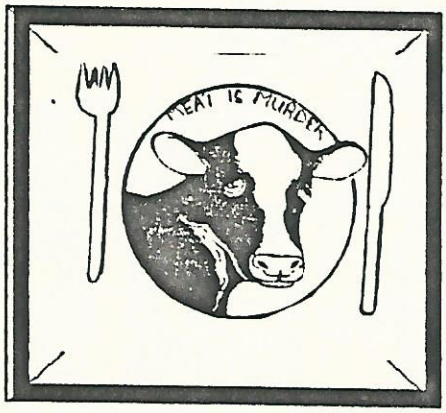
THE ANIMAL LIBERATION FRONT

The Animal LIberation Front is a group of animal rights activists who take militant direct action to end animal abuse, suffering and exploitation. Illegal activities are deemed necessary in view of the massive immorality practiced by the animal abusers who inflict hellish suffering on so many sentient beings. ALF activists feel morally obliged to take whatever actions are required to stop the depraved activities of all animal abusers, as long as our actions respect all living beings and never jeopardize life. ALF direct actions consist of the liberation of animals from animal abuse establishments and the destruction of all property and equipment utilized in the abuse, torture, mutilation and murder of animals. As the movement grows, personal harassment tactics will be directed at those who consciously participate in animal abuse, especially the ones who stand to profit by inflicting pain.

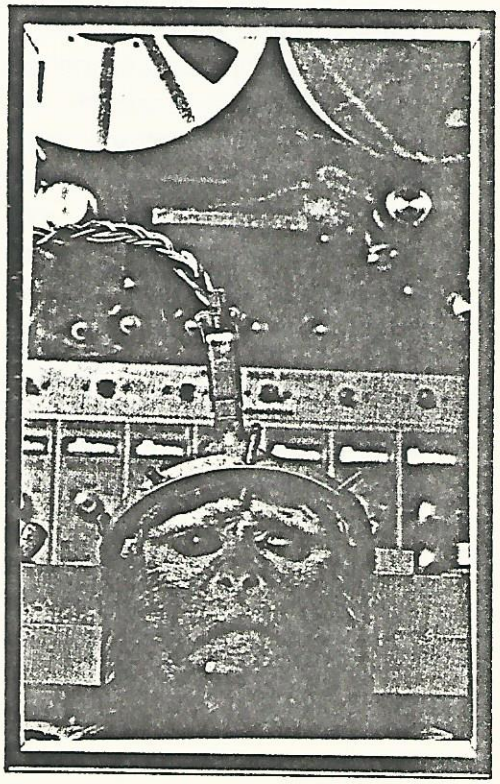
The ALF hopes to: 1) Liberate and place in good homes the individual victims of animal abusers: 2) Obtain documentation of animal abuse for



public evaluation; 3) Cause animal abuse establishments to redirect profits toward repairing damage, higher insurance premiums and increase costs in protecting their perverse operations from public scruting (the more effort they put into maintaining secrecy, the more evident it will become to the public that there is something shameful to hide); 4) Make the public increasingly aware of the unacceptability of torturing and killing animals for fun, profit, or out of idle sadistic curiosity. Long-term goals that are the business of animal abuse will become such a costly and risky exercise, that it will no longer be logical or economically feasible to participate in the exploitation. This will act as a safety valve in the legislation protecting animals from institutionalized cruelty IS NOT PASSED.

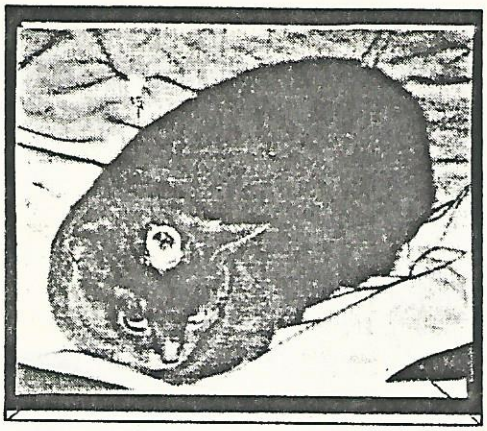


ALF activists are vegitarians or vegans. They come from all social classes, age, professions, races, religions and political persuasions, and all are prepared to go to jail. ALF members work in tightly knit cells, usually small but on occasion, when numbers are needed, one or more cells may merge for a particular action. This assures anonymity in the event of an arrest and ensures that work will continue should an individual or cell be put out of commission.



WHAT IS THE ALF SUPPORT GROUP?

The Support Group or SG is the legal above ground animal liberation group. We do not take part in illegal activities. We do however give our full fledged support to ALF actions on an action per action basis and in general. We do these by performing the following functions - jail support of captured ALF activists, legal research and research into different areas of animal abuse, and very importantly, we look for good homes for rescued animals. ALF activists do not rescue animals and leave them on the street. There are always good homes waiting for them (unless they ar released into the wild which happens only if they were taken from the wild to begin with and have a good chance for survival in the outdoors). We also do functions like many other grassroots groups, taking part in public awareness campaigns, networking and outreach, research, media relations and fundraising. We meet between once and twice a month. We make our decisions in a non-heirarchical decision making process, such as concensus. The Support Group also puts out a periodical letter about actions of the ALF and other animal direct action groups.



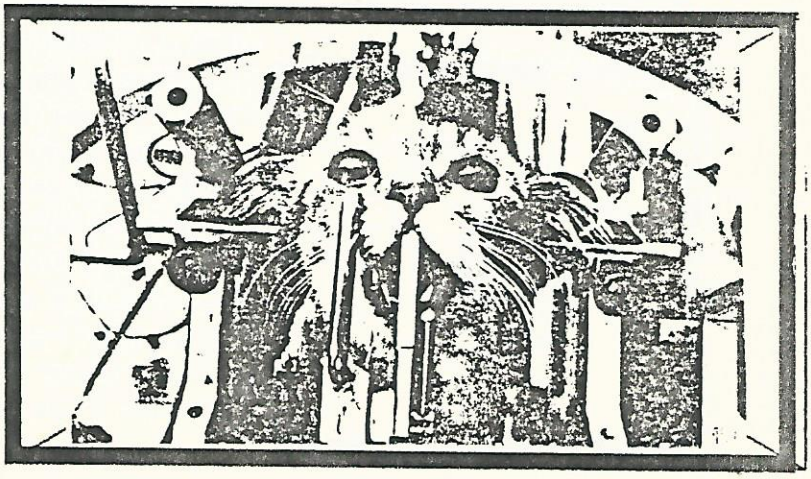
P.S. By tyhe time the issue was heading into its final copy, I was greatly helped by a longtime friend, who has just taken on the animal rights struggle, in typing and picture pasting.

ANIMALS NEED GOOD HOMES!

Finding good, reliable homes for liberated animals such as the cat in this picture, is an essential part of a Support Group's work. Our responsibility does not end after the labs are raided. Rescued animals do not just vanish. We urgently need homes for dogs, cats, rabbits and other animals. They must be stable and secure, with responsible people, and must offer a pleasant, relaxing atmosphere. Most laboratory and abused animals have been through hell and need an environment that allows their mental, physical and spiritual healing.
If you are able to share your home, with one or more of our friends in the near future and can provide these necessary requirements, please contact the Support Group as soon as possible. Small animals such as mice and other rodents, and animals that have not yet been abused, may not require as much time or attention as others. So long as the individuals are responsible and caring. Tell your friends and help us find the animals a home!

OCTOBER 16TH IS ANTI MCSHIT DAY

The rest of this issue will supply the reader with plenty of motivitation to get ready and take part in the festivities. The following info will show not only animal activists, but socialists, environmentalists, feed the world people, naturalists, monkey wrenchers and especially pro animal rights anarchists why they should take part. In short anyone with one quarter of a brain could see some of McDonalds destroying murdering brainwashing plans.



To all of you **TAKE PART.**

Distribute the "What's Wrong with Mcdonald's" leaflet. (Write to the Support Group with a stamped, addressed envelope and 50 cents if you can, if not don't worry about it, we'll send you a copy. Photocopy it to make your own leaflet.) outside of McDonald's during rushes. Hold AM protests in front of McDonald's and make sure you have leaflets to inform people why you are demonstrating. And of course, to all of you people who like to take the most direct approach, no stink bombs, super-glue or spray paint. These should most definitely not be used because that's against the laws, which are made to represent us the poeple, democratically in the name of God, the Queen and country and the American Flag. Oops! I mean the Canadian Flag. **Use your imagination and have fun striking back at McDonald's.**

IF YOU WISH TO JOIN THE S.G., (PLEASE, IF YOU CAN, SUPPLY US YOUR PHONE NUMBER) MAKE A DONATION OR WANT MORE INFO WRITE US (PLEASE MAKE CHECKS PAYABLE TO J. CREAGHAN OR G. ANDERSON)

A YEARS SUBSCRIPTION IS 11.$ THIS ONE WAS FREE BUT WE ARE KNOW IN DEPT AND SUBSCRIPTIONS WHOULD GREATLY ENABLE US TO GO ON (EVEN THIS BARLY COVERS COST, SO IF YOU CAN PAY MORE DO SO. IF NOT ABLE TO AFFORD PRICE. PAY WHAT YOU CAN)

WITH LOVE & ANGER

THE DREGED

SNARL!

THIS LEAFLET is asking you to think for a moment about what lies behind McDonald's clean, bright image. It's got a lot to hide.

"At McDonald's we've got time for you" goes the jingle. Why then do they design the service so that you're in and out as soon as possible? Why is it so difficult to relax in a McDonald's? Why do you feel hungry again so soon after eating a Big Mac?

We're all subject to the pressures of stupid advertising, consumerist hype, and the fast pace of big city life – but it doesn't take any special intelligence to start asking questions about McDonald's and to realise that something is seriously wrong.

The more you find out about McDonald's processed food, the less attractive it becomes, as this leaflet will show. The truth about hamburgers is enough to put you off them for life.

• What's the connection between McDonald's and starvation in the 'Third World'?

THERE's no point feeling *guilty* about eating while watching starving African children on TV. If you do send money to Band Aid, or shop at Oxfam, etc., that's morally good but politically useless. It shifts the blame from governments and does nothing to challenge the power of multinational corporations.

HUNGRY FOR DOLLARS

• McDonald's is one of several giant corporations with investments in vast tracts of land in poor countries, sold to them by the dollar-hungry rulers (often military) and privileged elites, evicting the small farmers that live there growing food for their own people.

The power of the US dollar means that in order to buy technology and manufactured goods, poor countries are trapped into producing more and more food for export to the States. *Out of 40 of the world's poorest countries, 36 export food to the USA – the wealthiest.*

ECONOMIC IMPERIALISM

• Some 'Third World' countries, where most children are undernourished, are actually exporting their staple crops as animal feed – i.e. to fatten cattle for turning into burgers in the 'First World'. Millions of acres of the best farmland in poor countries are being used for *our* benefit – for tea, coffee, tobacco, etc. – while people there are *starving*. McDonald's is directly involved in this economic imperialism, which keeps most black people poor and hungry while many whites grow fat.

A typical image of 'Third World' poverty – the kind often used by charities to get 'compassion money'. This diverts attention from one cause: exploitation by multinationals like McDonald's.

GROSS MISUSE OF RESOURCES

GRAIN is fed to cattle in South American countries to produce the meat in McDonald's hamburgers. Cattle consume 10 times the amount of grain and soy that humans do: one calorie of beef demands ten calories of grain. Of the 146 million tons of grain and soy fed to livestock, only 21 million tons of meat and by-products are used. *The waste is 124 million tons per year at a value of 20 billion US dollars.* It has been calculated that this sum would feed, clothe and house the world's entire population for one year.

FIFTY ACRES EVERY MINUTE

EVERY year an area of rainforest the size of Britain is cut down or defoliated, and burnt. Globally, one billion people depend on water flowing from these forests, which soak up rain and release it gradually. The disaster in Ethiopia and Sudan is at least partly due to uncontrolled deforestation. In Amazonia – where there are now about 100,000 beef ranches – torrential rains sweep down through the treeless valleys, eroding the land and washing away the soil. The bare earth, baked by the tropical sun, becomes useless for agriculture. *It has been estimated that this destruction causes at least one species of animal, plant or insect to become extinct every few hours.*

• Why is it wrong for McDonald's to destroy rainforests?

AROUND the Equator there is a lush green belt of incredibly beautiful tropical forest, untouched by human development for one hundred million years, supporting about half of all Earth's life-forms, including some 30,000 plant species, and producing a major part of the planet's crucial supply of oxygen.

PET FOOD & LITTER

• McDonald's and Burger King are two of the many US corporations using lethal poisons to destroy vast areas of Central American rainforest to create grazing pastures for cattle to be sent back to the States as burgers and pet food, and to provide fast-food packaging materials. (Don't be fooled by McDonald's saying they use recycled paper: only a tiny per cent of it is. The truth is it takes *800 square miles* of forest just to keep them supplied with paper for one year. Tons of this end up littering the cities of 'developed' countries.)

COLONIAL INVASION

• Not only are McDonald's and many other corporations contributing to a major ecological catastrophe, they are forcing the tribal peoples in the rainforests off their ancestral territories where they have lived peacefully, without damaging their environment, for thousands of years. This is a typical example of the arrogance and viciousness of multinational companies in their endless search for more and more profit.

It's no exaggeration to say that when you bite into a Big Mac, you're helping the McDonald's empire to wreck this planet.

• What's so unhealthy about McDonald's food?

McDONALD's try to show in their "Nutrition Guide" (which is full of impressive-looking but really quite irrelevant facts & figures) that mass-produced hamburgers, chips, colas, milkshakes, etc., are a useful and nutritious part of any diet.

What they don't make clear is that a diet high in fat, sugar, animal products and salt (sodium), and low in fibre, vitamins and minerals – which describes an average McDonald's meal – is linked with cancers of the breast and bowel, and heart disease. This is accepted medical fact, not a cranky theory. Every year in Britain, heart disease alone causes about 180,000 deaths.

FAST = JUNK

• Even if they like eating them, most people recognise that processed burgers and synthetic chips, served up in paper and plastic containers, is junk-food. McDonald's prefer the name "fast-food". This is not just because it is manufactured and served up as quickly as possible – it has to be *eaten* quickly too. It's a sign of the junk-quality of Big Macs that people actually hold competitions to see who can eat one in the shortest time.

PAYING FOR THE HABIT

• Chewing is essential for good health, as it promotes the flow of digestive juices which break down the food and send nutrients into the blood. McDonald's food is so lacking bulk it is hardly possible to chew it. Even their own figures show that a "quarter-pounder" is 48% water. This sort of fake food encourages over-eating, and the high sugar and sodium content can make people develop a kind of addiction – a 'craving'. That means more profit for McDonald's, but constipation, clogged arteries and heart attacks for many customers.

GETTING THE CHEMISTRY RIGHT

McDONALD's stripey staff uniforms, flashy lighting, bright plastic decor, "Happy Hats" and muzak, are all part of the gimmicky dressing-up of low-quality food which has been designed down to the last detail to look and feel and taste *exactly* the same in any outlet anywhere in the world. To achieve this artificial conformity, McDonald's require that their "fresh lettuce leaf", for example, is treated with *twelve* different chemicals just to keep it the right colour at the right crispness for the right length of time. It might as well be a bit of plastic.

• How do McDonald's deliberately exploit children?

NEARLY all McDonald's advertising is aimed at children. Although the Ronald McDonald 'personality' is not as popular as their market researchers expected (probably because it is totally unoriginal), thousands of young children now think of burgers and chips every time they see a clown with orange hair.

THE NORMALITY TRAP

• No parent needs to be told how difficult it is to distract a child from insisting on a certain type of food or treat. Advertisements portraying McDonald's as a happy, circus-like place where burgers and chips are provided for everybody at any hour of the day (and late at night), traps children into thinking they aren't 'normal' if they don't go there too. Appetite, necessity and – above all – money, never enter the 'innocent' world of Ronald McDonald.

Few children are slow to spot the gaudy red and yellow standardised frontages in shopping centres and high streets throughout the country. McDonald's know exactly what kind of pressure this puts on people looking after children. It's hard not to give in to this 'convenient' way of keeping children 'happy', even if you haven't got much money and you try to avoid junk-food.

TOY FOOD

• As if to compensate for the inadequacy of their products, McDonald's promote the consumption of meals as a 'fun event'. This turns the act of eating into a performance, with the 'glamour' of being in a McDonald's ('Just like it is in the ads!') reducing the food itself to the status of a prop.

McWasteful McGarbage McDollars McDeadly McCancer McMurder

Not a lot of children are interested in nutrition, and even if they were, all the gimmicks and routines with paper hats and straws and balloons hide the fact that the food they're seduced into eating is at best mediocre, at worst poisonous – and their parents know it's not even cheap.

RONALD'S DIRTY SECRET

ONCE told the grim story about how hamburgers are made, children are far less ready to join in Ronald McDonald's perverse antics. With the right prompting, a child's imagination can easily turn a clown into a bogeyman (a lot of children are very suspicious of clowns anyway). Children love a secret, and Ronald's is especially disgusting.

• In what way are McDonald's responsible for torture and murder?

THE menu at McDonald's is based on meat. They sell millions of burgers every day in 35 countries throughout the world. This means the constant slaughter, day by day, of animals born and bred solely to be turned into McDonald's products.

Some of them – especially chickens and pigs – spend their lives in the entirely artificial condition of huge factory farms, with no access to air or sunshine and no freedom of movement. Their deaths are bloody and barbaric..

MURDERING A BIG MAC

• In the slaughterhouse, animals often struggle to escape. Cattle become frantic as they watch the animal before them in the killing-line being prodded, beaten, electrocuted, and knifed.

A recent British government report criticised inefficient stunning methods which frequently result in animals having their throats cut while still fully conscious. McDonald's are responsible • for the deaths of countless animals by this supposedly humane method.

We have the choice to eat meat or not. The *450 million* animals killed for food in Britain every year have no choice at all. It is often said that after visiting an abattoir, people become nauseous at the thought of eating flesh. How many of us would be prepared to work in a slaughterhouse and kill the animals we eat?

WHAT'S YOUR POISON?

MEAT is responsible for 70% of all food-poisoning incidents, with chicken and minced meat (as used in burgers) being the worst offenders. When animals are slaughtered, meat can be contaminated with gut contents, faeces and urine, leading to bacterial infection. In an attempt to counteract infection in their animals, farmers routinely inject them with doses of antibiotics. These, in addition to growth-promoting hormone drugs and pesticide residues in their feed, build up in the animals' tissues and can further damage the health of people on a meat-based diet.

• What's it like working for McDonald's?

THERE must be a serious problem: even though 80% of McDonald's workers are part-time, the annual staff turnover is 60% (in the USA it's 300%). It's not unusual for their restaurant-workers to quit after just four or five weeks. The reasons are not hard to find.

NO UNIONS ALLOWED

• Workers in catering do badly in terms of pay and conditions. They are at work in the evenings and at weekends, doing long shifts in hot, smelly, noisy environments. Wages are low and chances of promotion minimal.

To improve this through Trade Union negotiation is very difficult: there is no union specifically for these workers, and the ones they could join show little interest in the problems of part-timers (mostly women). A recent survey of workers in burger-restaurants found that 80% said they needed union help over pay and conditions. Another difficulty is that the 'kitchen trade' has a high proportion of workers from ethnic minority groups who, with little chance of getting work elsewhere, are wary of being sacked – as many have been – for attempting union organisation.

McDonald's have a policy of preventing union-isation by getting rid of pro-union workers. So far this has succeeded everywhere in the world except Sweden, and in Dublin after a long struggle.

TRAINED TO SWEAT

• It's obvious that all large chain-stores and junk-food giants depend for their fat profits on the labour of young people. McDonald's is no exception: three-quarters of its workers are under 21. The production-line system deskills the work itself: anybody can grill a hamburger, and cleaning toilets or smiling at customers needs no training. So there is no need to employ chefs or qualified staff – just anybody prepared to work for low wages.

As there is no legally-enforced minimum wage in Britain, McDonald's can pay what they like, helping to depress wage levels in the catering trade still further. They say they are providing jobs for school-leavers and take them on regardless of sex or race. The truth is McDonald's are only interested in recruiting cheap labour – which always means that disadvantaged groups, women and black people especially, are even more exploited by industry than they are already.

EVERYTHING MUST GO

WHAT's wrong with McDonald's is also wrong with all the junk-food chains like Wimpy, Kentucky Fried Chicken, Wendy, etc. All of them hide their ruthless exploitation of resources, animals and people behind a facade of colourful gimmicks and 'family fun'. The food itself is much the same everywhere – only the packaging is different. The rise of these firms means less choice, not more. They are one of the worst examples of industries motivated only by profit, and geared to continual expansion.

This materialist mentality is affecting all areas of our lives, with giant conglomerates dominating the marketplace, allowing little or no room for people to create genuine choices. But alternatives do exist, and many are gathering support every day from people rejecting big business in favour of small-scale self-organisation and co-operation.

The point is not to change McDonald's into some sort of vegetarian organisation, but to change the whole system itself. Anything less would still be a rip-off.

• WHAT CAN BE DONE

STOP using McDonald's, Wimpy, etc., and tell your friends exactly why. These companies' huge profits – and therefore power to exploit – come from people just walking in off the street. It *does* make a difference what individuals do. Why wait for everyone else to wake up?

YOUR INFLUENCE COUNTS

★ Research has shown that a large proportion of people who use fast-food places do so simply because they are there – not because they particularly like the food or even feel hungry. This fact alone suggests that hamburgers are part of a giant con that people would avoid if they knew what to do. Unfortunately we tend to under value our personal responsibility and influence. This is wrong. All change in society starts from individuals taking the time to think about the way they live and acting on their beliefs. Movements are 'just ordinary people' linking together, one by one . . .

• MAKE CONTACT, SHARE IDEAS

YOU might not always hear about them, but there are many groups campaigning on the issues raised here – movements to support the struggles in the 'Third World', to fight for the rights of indigenous peoples, to protect rainforests, to oppose the killing of animals, etc.

Wherever there is oppression there is resistance: people *are* organising themselves, taking courage from the activities of ordinary, concerned people from all round the world, learning new ways and finding new energy to create a better life. The apathy of others is no reason to hang around waiting for someone to tell you what to 'do'. You need no special talents to join in your local pressure group, or start one up – existing groups will give information and advice if necessary.

For leaflets on all aspects of vegetarianism and nutrition, animal rights and welfare, etc., contact ANIMAL AID, 7 Castle Street, Tonbridge, Kent. Plenty of other contacts can be made by writing to Greenpeace at the address below.

• THERE'S A DIFFERENCE YOU'LL ENJOY: NO MORE MEAT!

KICKING the burger habit is easy. And it's the best way to start giving up meat altogether. Vegetarianism is no longer just a middle-class fad: last year the number of vegetarians in Britain increased by *one-third*. Most supermarkets now stock vegetarian produce, and vegans – who eat no animal products at all – are also being catered for. In short, the 'cranky' vegetarian label is being chucked out, along with all the other old myths about 'rabbit food'.

Why not try some vegan or vegetarian recipes, just as an experiment to start with? When asked in a survey, most vegetarians who used to eat meat said they had far more varied meals after they dropped meat from their diet. Another survey showed that people on a meatless diet were healthier than meat-eaters, less prone to 'catch' coughs and colds, and with greatly reduced risk of suffering from hernia, piles, obesity and heart disease.

• LIBERATION BEGINS IN YOUR STOMACH

THERE are loads of cheap, tasty and nutritious alternatives to a diet based on the decomposing flesh of dead animals: fresh fruit of all kinds, a huge variety of local & exotic vegetables, cereals, pulses, beans, rice, nuts, wholegrain foods, soya drinks, etc. All over the country wholefood co-operatives are springing up. Now is a really good time for change.

A vegan Britain would be self-sufficient on only 25% of the agricultural land presently available. Why not get together with your friends and grow your own vegetables? There are over 700,000 allotments in Britain – and countless gardens.

The pleasure of preparing healthy food and sharing good meals has a political importance too: it is a vital part of the process of ordinary people taking control of their lives to create a better society, instead of leaving their futures in the cynical, greedy hands of corporations like McDonald's.

McDollars McGreedy McCancer McMurder McDisease McProfits